Reebok

GB

# i run se

**Dear Customer,**

We are pleased, that you have chosen a Reebok Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to the European Norm EN 957-1/6. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training,

Your Reebok – Team

**Warranty**

**Limited Warranty – UK Only**

RFE International Ltd. (RFE), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of (2) two years for parts and labour. This warranty extends only to the original purchaser. RFE's obligation under this warranty is limited to replacing or repairing, at RFE's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by RFE. This warranty does not extend to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a RFE authorized service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by RFE.

RFE is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

This warranty gives you specific legal rights

**Customer Service**

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Modelname:

Serialnumber:

**Waste Disposal**

**Reebok** products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

**Contact**

RFE INTERNATIONAL LTD
THE PERFORMANCE CENTRE
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web: www.reebokfitness.co.uk
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tel: 0044 (0) 800 440 2459
e-mail: techsupport@rfeinternational.com

**Advice**

The owner's manual is only for the customer reference. **Reebok** can not guarantee for mistakes occurring due to translation or change in technical specification of the product.

**Precautions**

**Before assembling or using the treadmill, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.**

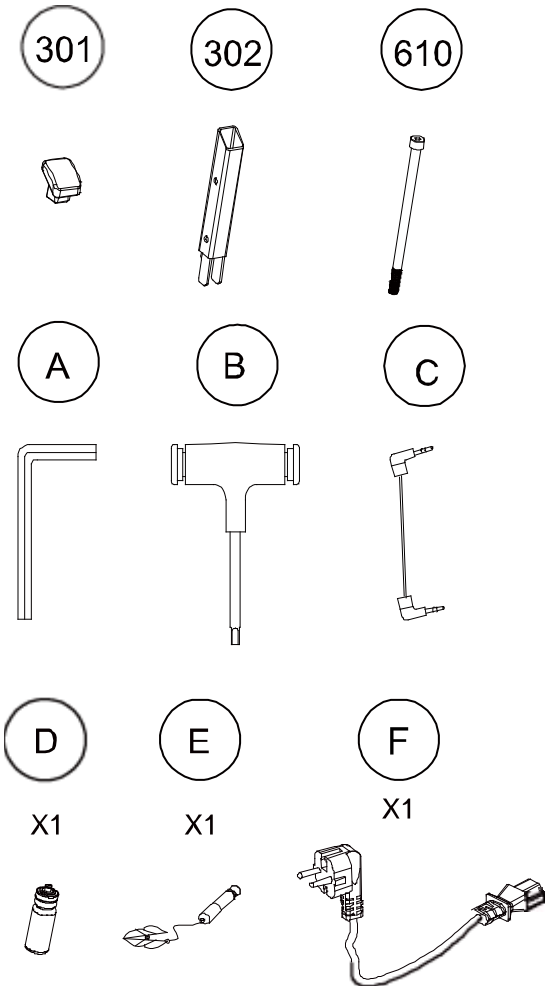
- **Product-Scope: This product is made for home use only and tested up to a maximum body weight of 100 kilograms.**
- **Product-Performance: This treadmill is tested to the European Standard EN 957-1/6 HB. The equipment is not suitable for therapeutic training.**
- **Product-Scope: Noise compliance: This treadmill meets the requirements of the noise pollution standards.**
- **Product-Performance: The noise creation of treadmill is under 70db.**
- **Product-Maintenance: For keeping the run quality use the provided silicon spray every month or after a working time of 100 kilometers between the belt and the running surface.**
- **Product-Maintenance: Search for noisy parts: If you should notice unusual noises, like grinding, clacking etc. try to locate it and have it repaired by a professional. Make sure the treadmill is not used until after repairs have been made.**
- **Product-Feature: The speed can be changed by the computer.**
- **Use-Safety: The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the Safety Key from the console, unclipping it from the cord and putting it in a non-accessible place**
- **Use-Safety: The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation: 1. Grip handrails for support 2. Step onto the lateral platform 3. Pull the Safety key off the console.**
- **Use-Safety: The function of the emergency stop: The Safety Key functions as the emergency stop. In an emergency situation, remove the Safety Key from the console and the treadmill will come to a stop.**

- Use-Scope: The exerciser may not be used by persons with a weight of over 100 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under adult supervision
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser with 2m long x 1m wide of clearance behind it and 1m of clearance for its flanks.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the electronic.

- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage, covered patio or near water. If stored in this location you warranty will be affected.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial use.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training technique.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, stop training immediately and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Reebok parts as delivered (see checklist).
- Product-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Product-Preparation: We suggest using an equipment mat to prevent damage on the ground.
- Use-Instruction: Please follow the advice as per correct training technique as detailed in the instructions.
- Use-Instruction: Do not use the home exerciser without shoes or with loose fitting footwear.
  Use-Safety: Be aware of the position and proper fixation ofadjustable or moving parts while mounting or dismounting the home exerciser.
- Use-Safety: Allow the belt to fully stop before dismounting.
- Use-Safety: Pay attention: never insert any part of your body or clothes into the body of the treadmill while it is running or ready for use.
- Use-Safety: Attach the emergency stop cord to your clothing before starting the treadmill. The Treadmill has an emergency stop mechanism for your safety. Before starting your workout, fasten the cord of the safety key to your clothing. If the treadmill has been shut down by removing the safety key, restart it by reinserting the key. An automatic restart of the treadmill belt does not occur. An unmonitored use of the treadmill by other people can be prevented by removing the safety key and keeping it safely hidden. In case of any emergency, hold on tightly to the handrail or handle bar with both hands and leave the treadmill by means of the anti-slipping surface of the lateral platform. Activate the emergence stop mechanism (safety cut-out).
- Use-Safety: Please keep the safety key in a safe place and ensure that it is kept out of reach of children!
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a dedicated 10A fuse. Before powering on and using the unit confirm that the the unit is plugged into the appropriate power supply (observe markings) has been connected properly.

- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the user should refrain from using the equipment until this has been done.
- Product-Maintenance: Only use original Reebok replacement parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician/mechanic or the advise of the Technical Support team is sought firstly
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

**Check List**



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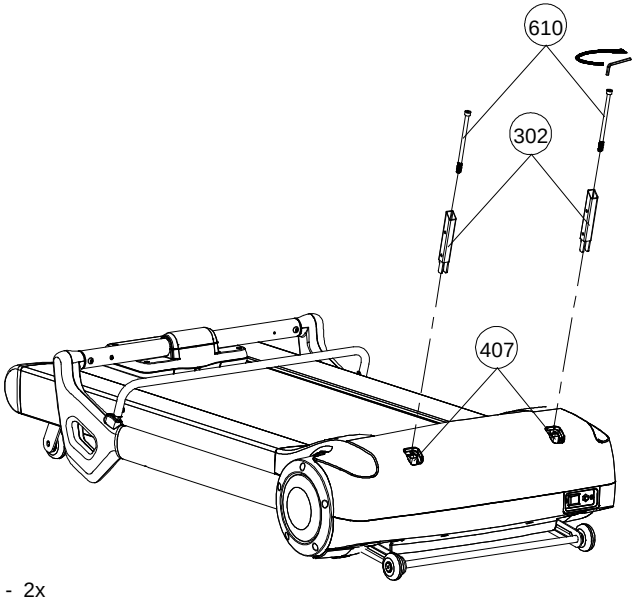


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302 - 2x

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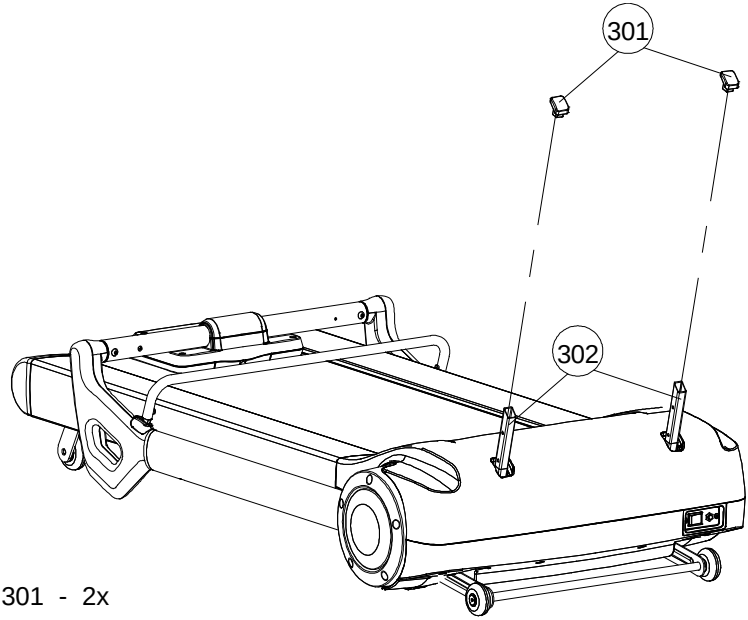


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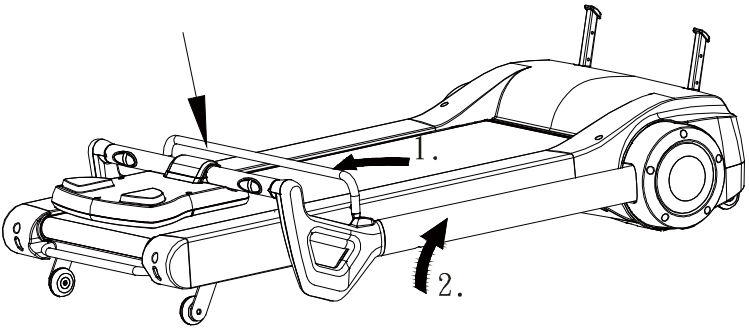


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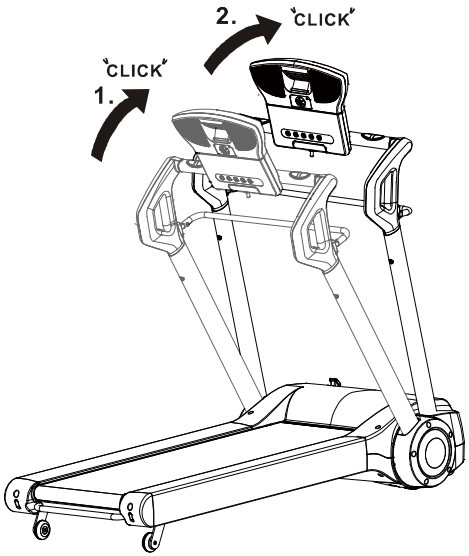


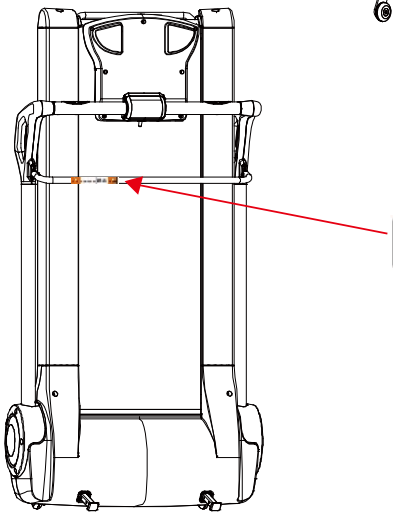

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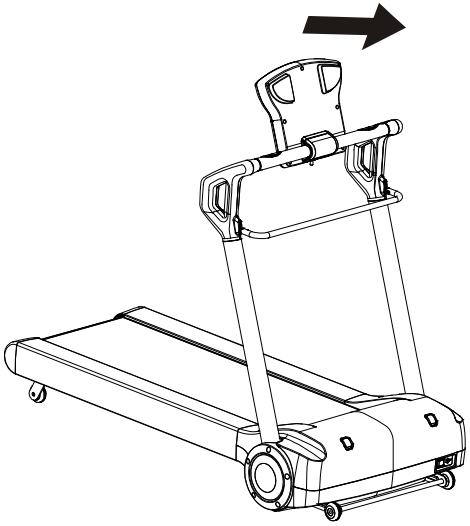

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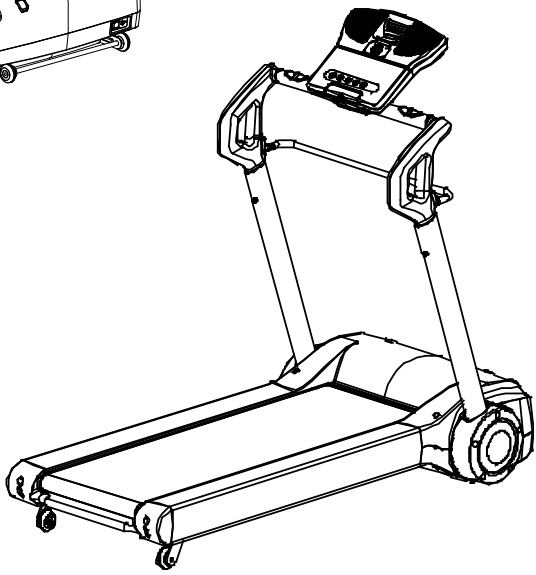

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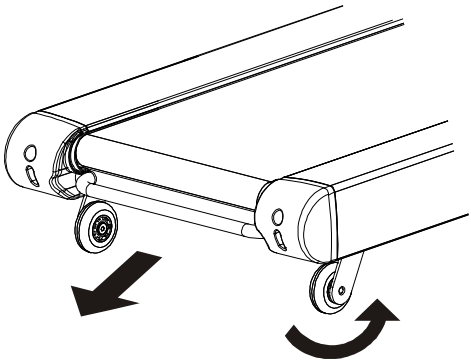

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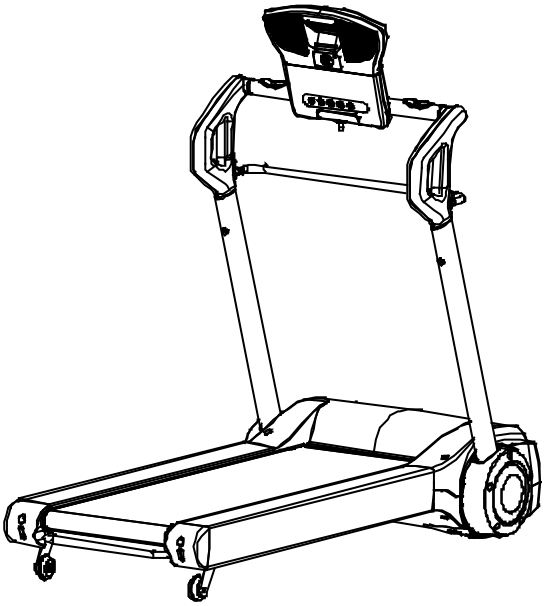

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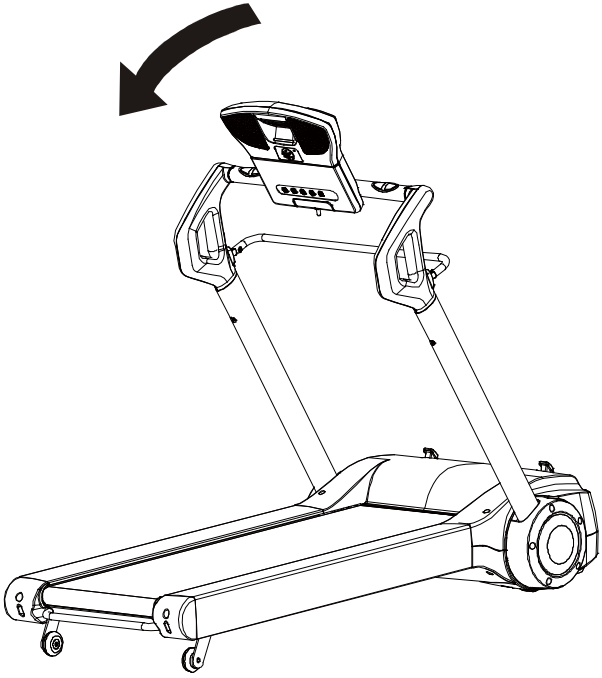

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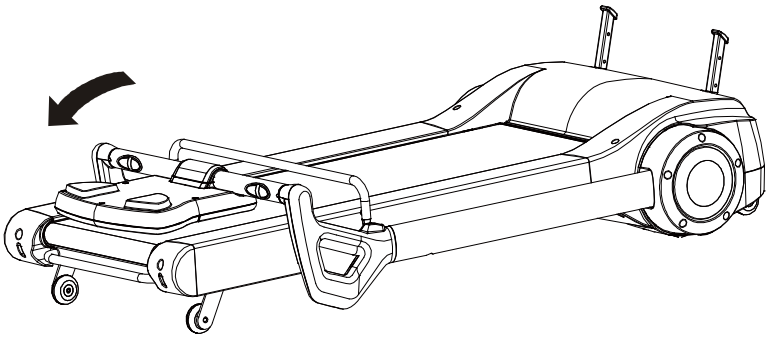

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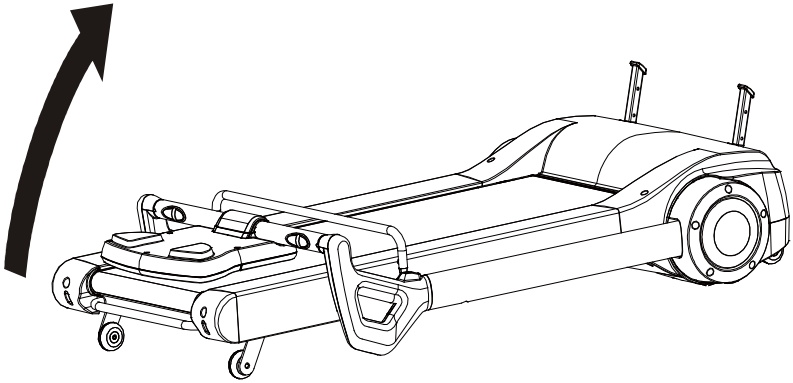

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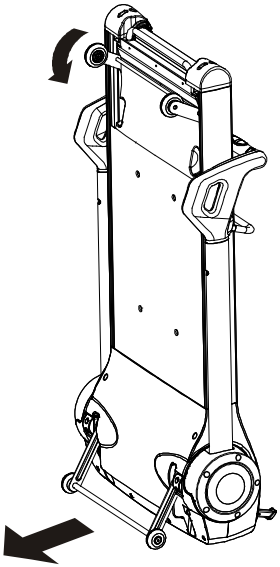
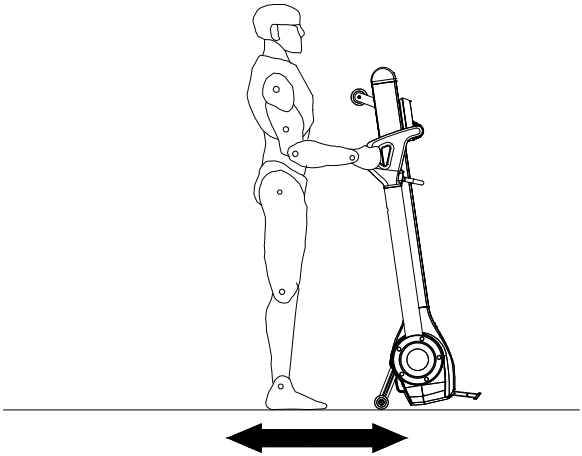
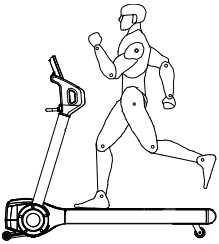


## Transport



## Correct Use



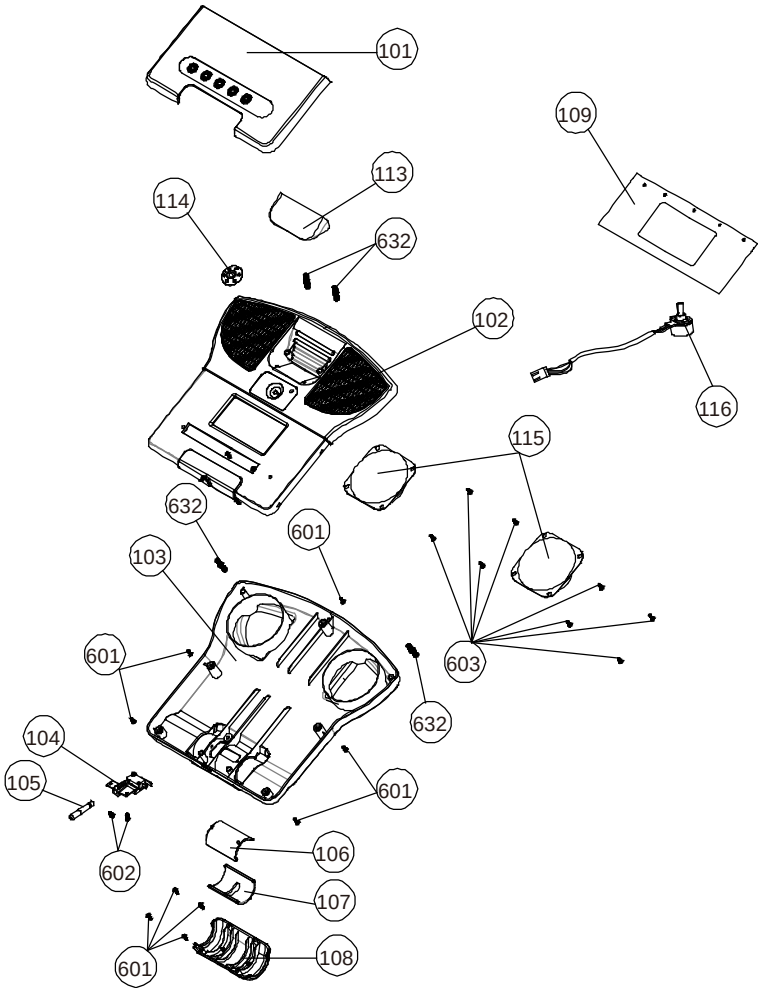
**GB**

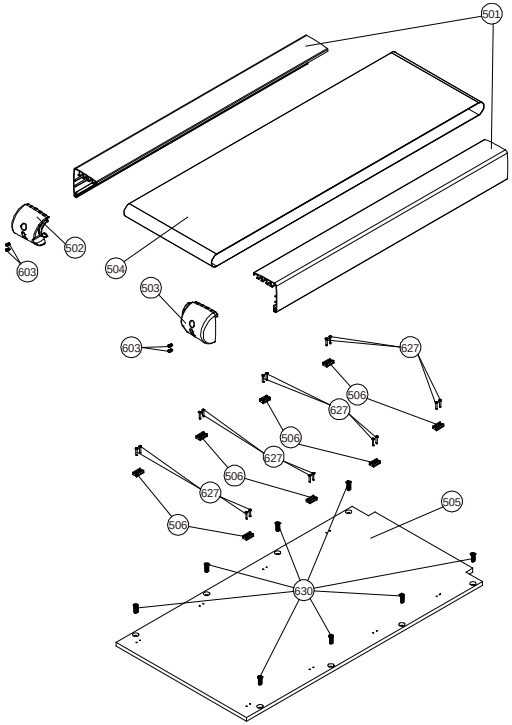
**Correct biomechanical position:** Please refer to left picture. Running straight on the treadmill is made easier by focusing on a fixed object in front of you in the room. Run as if you wanted to approach the object. Always keep a distance which you can reach the front hand bar.

**Major exercise type:** This equipment focuses on your lower body, and it can train your thigh and shank muscles

**Important:** Incorrect/excessive training can cause health injuries.

**Exploded view**

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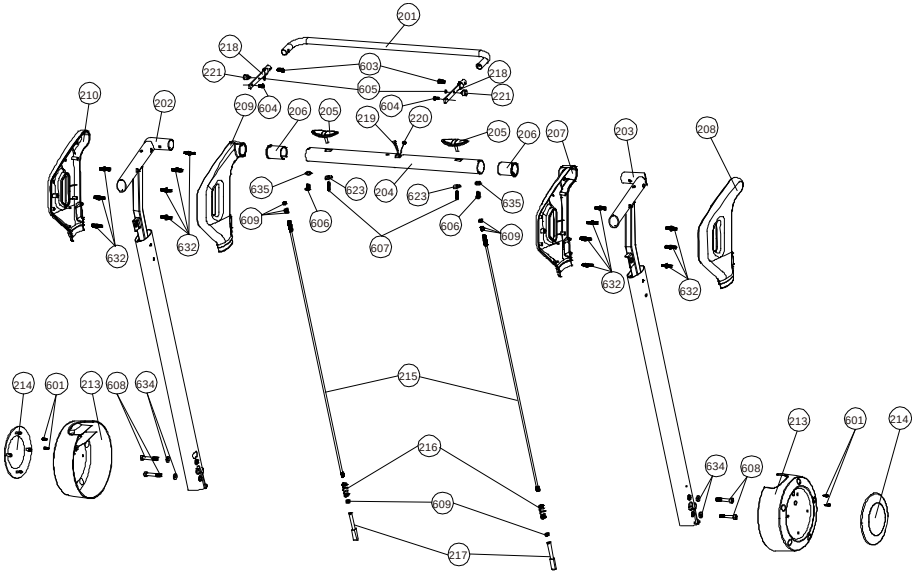
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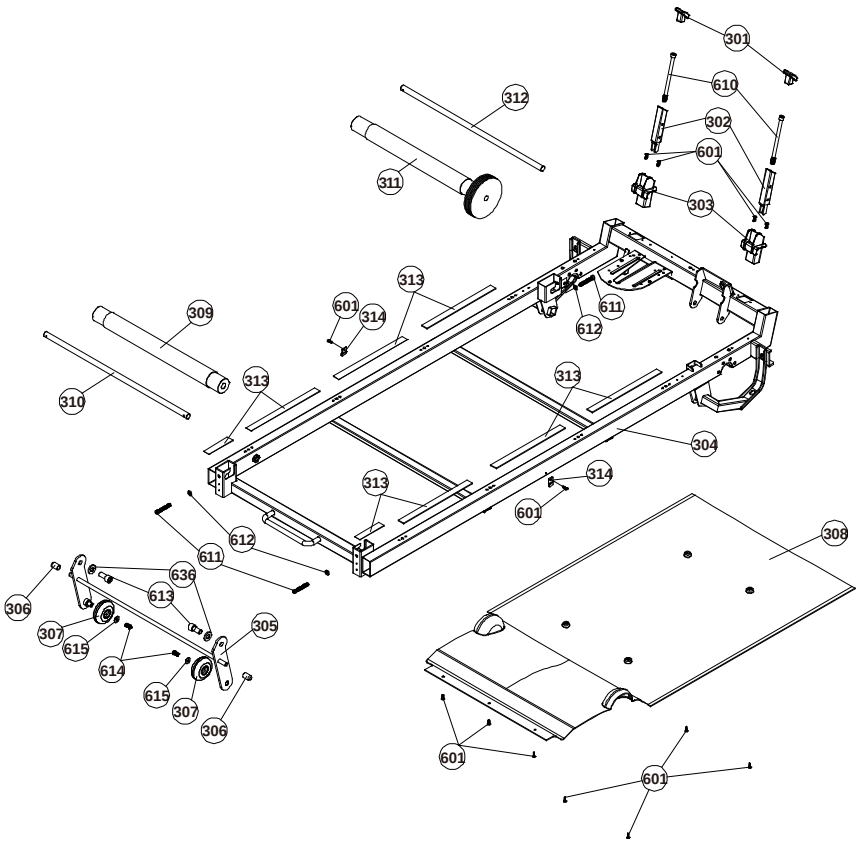
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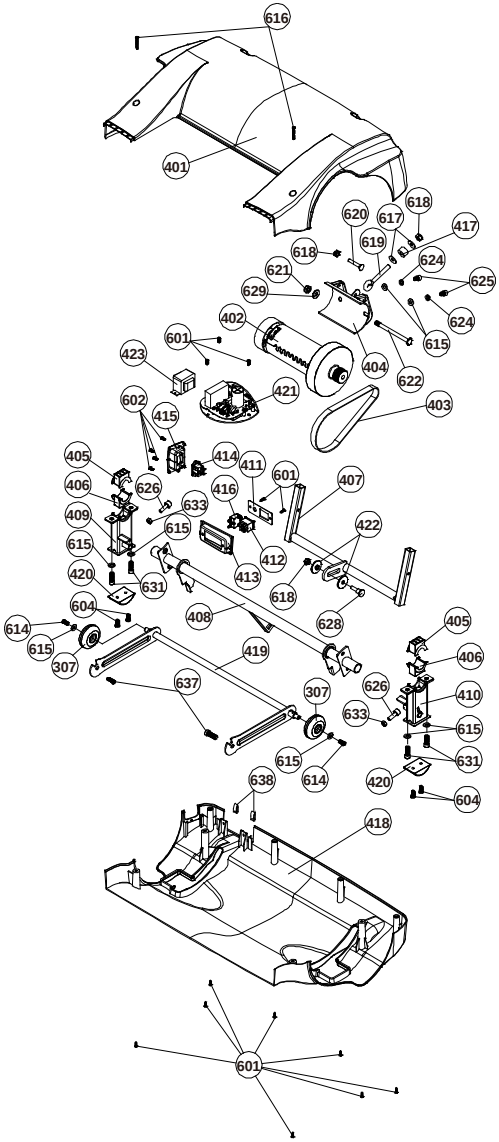
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| Spare Part List | | |
|---|---|---|
| **Part No.** | **Part name** | **Quantity** |
| i run se-101 | Console button plate | 1 |
| i run se-102 | Console housing -upper | 1 |
| i run se-103 | Console housing -lower | 1 |
| i run se-104 | Safety Key base | 1 |
| i run se-105 | Safety Key | 1 |
| i run se-106 | Console housing holder-upper | 1 |
| i run se-107 | Console housing holder-lower | 1 |
| i run se-108 | Console fix lower cover | 1 |
| i run se-109 | Computer main board | 1 |
| i run se-113 | Holder cover | 1 |
| i run se-114 | Volunme adjustment knob | 1 |
| i run se-115 | Loudspeakers | 2 |
| i run se-116 | VR detection wire | 1 |
| i run se-201 | Fold up grip | 1 |
| i run se-202 | Upright -left | 1 |
| i run se-203 | Upright -right | 1 |
| i run se-204 | Heart rate handle bar | 1 |
| i run se-205 | Pulse sensor set | 2 |
| i run se-206 | Console support tube bushing | 2 |
| i run se-207 | Handlebar cover right -inner | 1 |
| i run se-208 | Handlebar cover right -outside | 1 |
| i run se-209 | Handelbar cover left -inner | 1 |
| i run se-210 | Handlebar cover left -outside | 1 |
| i run se-213 | Upright lower cover | 2 |
| i run se-214 | Side cover | 2 |
| i run se-215 | Fold up grip conect rod | 2 |
| i run se-216 | Spring | 2 |
| i run se-217 | Upright lock pin | 2 |
| i run se-218 | Fold up grip connector | 2 |
| i run se-219 | Safety key wire -lower | 1 |
| i run se-220 | 5 pin computer wire -lower | 1 |
| i run se-221 | Fold up grip axle | 2 |
| i run se-301 | Fold up foot cover | 2 |
| i run se-302 | Fold up foot | 2 |
| i run se-303 | Front foot base | 2 |
| i run se-304 | Main frame | 1 |
| i run se-305 | Rear transport wheel bracket | 1 |
| i run se-306 | Rear transport axle cap | 1 |
| i run se-307 | Transportation wheel | 4 |
| i run se-308 | Belt cover- bottom | 4 |
| i run se-309 | Rear roller tube | 1 |
| i run se-310 | Rear roller shaft | 1 |
| i run se-311 | Front roller tube | 1 |
| i run se-312 | Front roller shaft | 1 |
| i run se-313 | 9X30X2 Foam cushion | 8 |
| i run se-314 | Side rail fix braket | 2 |
| i run se-401 | Motor hood | 1 |
| i run se-402 | DC driving Motor | 1 |
| i run se-403 | Driving Belt | 1 |
| i run se-404 | Motor holder | 1 |
| i run se-405 | Motor holder bracket end cap -upper | 2 |
| i run se-406 | Motor holder bracket end cap -lower | 2 |

| Part No. | Part name | Quantity |
|---|---|---|
| i run se-407 | Front foot bracket | 1 |
| i run se-408 | Motor holder bracket locate plate | 1 |
| i run se-409 | Motor holder bracket base -left | 1 |
| i run se-410 | Motor holder bracket base -right | 1 |
| i run se-411 | Switch board | 1 |
| i run se-412 | Switch | 1 |
| i run se-413 | Switch board holder | 1 |
| i run se-414 | Electric outlet | 1 |
| i run se-415 | Electric outlet holder | 1 |
| i run se-416 | Electric protector | 1 |
| i run se-417 | PU cushion | 1 |
| i run se-418 | Motor cover -lower | 1 |
| i run se-419 | Transport wheel bracket | 1 |
| i run se-420 | Main frame foot cover | 2 |
| i run se-421 | Motor control board | 1 |
| i run se-422 | ID8XOD35X7 cushion | 2 |
| i run se-423 | Transformer | 1 |
| i run se-501 | Side rail | 2 |
| i run se-502 | Rear end cap -left | 1 |
| i run se-503 | Rear end cap -rihgt | 1 |
| i run se-504 | Running belt | 1 |
| i run se-505 | Running deck | 1 |
| i run se-506 | Side rail guider | 8 |
| i run se-601 | M4x15 mm Screw | 39 |
| i run se-602 | 3x8 mm Screw | 6 |
| i run se-603 | M5X14 mm screw | 14 |
| i run se-604 | M5X14 mm screw/washer | 6 |
| i run se-605 | M4X9 washer | 2 |
| i run se-606 | M8×18 mm allen bolt | 2 |
| i run se-607 | 4×30 mm screw | 2 |
| i run se-608 | M8×50 mm bolt | 4 |
| i run se-609 | Ø6 washer | 5 |
| i run se-610 | M8×130 screw | 2 |
| i run se-611 | M6×45 mm screw | 3 |
| i run se-612 | Ø6.2x13x1.2 washer | 3 |
| i run se-613 | M12x25 mm cap allen head bolt | 2 |
| i run se-614 | M6×15 screw | 4 |
| i run se-615 | Ø8x17x1.5 washer | 10 |
| i run se-616 | M4X35 screw | 2 |
| i run se-617 | Φ9x35x8 washer | 2 |
| i run se-618 | M8 nut | 5 |
| i run se-619 | M8X78 bolt | 1 |
| i run se-620 | M8X48 bolt | 1 |
| i run se-621 | M10 nut | 1 |
| i run se-622 | M10X120 mm screw | 1 |
| i run se-623 | Φ8 plate washer | 10 |
| i run se-624 | Ø8 spring wahser | 2 |
| i run se-625 | M8×12 allen head bolt | 2 |
| i run se-626 | M8 bump bolt | 2 |
| i run se-627 | M4×19 Screw | 18 |
| i run se-628 | M8 special bolt | 1 |

| Part No. | Part name | Quantity |
|---|---|---|
| i run se-629 | Ø10.5X20 washer | 4 |
| i run se-630 | M10×25 allen head bolt | 8 |
| i run se-631 | M8×30 allen head bolt | 4 |
| i run se-632 | Plastic insert | 18 |
| i run se-633 | M8 nut | 2 |
| i run se-634 | Ø 8x23 wahser | 4 |
| i run se-635 | Ø 8.2X15X1.5 washer | 2 |
| i run se-636 | Ø 12X25X3 washer | 2 |
| i run se-637 | M10X30 screw | 2 |
| i run se-638 | Ø 21X13X0.7 spring washer | 2 |
| i run se-001 | Hardware Set | 1 |
| i run se-002 | Computer Instruction | 1 |
| i run se-003 | Assembly Instruction | 1 |

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